

Women's Health Matters

At a glance

What We Do

We offer group work, peer support, schools work and one-to-one support across the city, where women & girls can talk about things that matter to them.

We work with women & girls who have unequal access to health or support services due to their ethnicity, disability, sexuality, income or traumatic life experiences.

We recognise the unique potential in all girls & women and work with them to identify and overcome the barriers they feel are preventing them from reaching their full potential.

Our services are run by women, for women and women's voices are at the centre of all of our work and development.

In the year ending March 2019 we



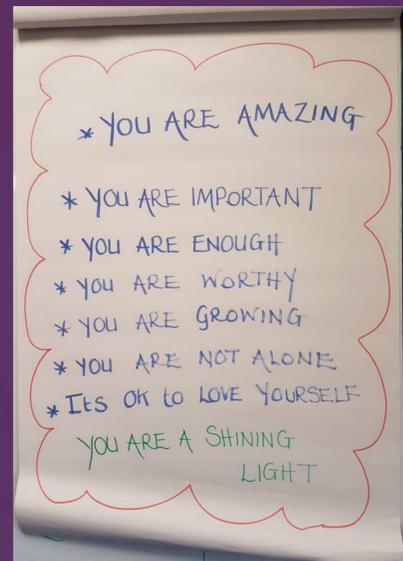
Worked with 1529 women and girls aged 13 and over across 12 projects



Provided intensive support to 533 women & girls, & ran 46 group sessions each month



In addition, we offered courses to parents & carers, to women with learning disabilities and to girls in schools



"I was feeling useless, lonely, depressed, angry, upset, had no confidence, unworthy... (group) has been my saviour. I've been helped immensely. I'm more confident, more aware and a million times stronger."

Our Vision

Our vision is for a just, safe and kind society where women are inspired and helped to reach their unique positive potential - where good health and positive relationships are valued and nurtured.

"If it wasn't for groups like this, I really don't know where I would have been. It has saved my life and wouldn't have been possible if it wasn't for Women's Health Matters, and I always will be grateful for them."



Overview & Impact

Our 2019 survey of women & girls we support showed:

95% have increased self-confidence, 88% feel more positive about their future, 90% feel safer, 91% feel better able to respond to abusive relationships, 95% of mums feel more confident in their parenting, 93% said they couldn't have received the help anywhere else.

We continued to develop our partnership work, including being part of the developing **Women's Lives Leeds** consortium of 11 women's & girls organisations across the city. Our partnership with Leeds Women's Aid and Behind Closed Doors - **Leeds Domestic Violence Service (LDVS)** - allowed us to deliver 122 domestic violence support groups to women in South, East and West Leeds. **Breathing Space** continued to support women who have experienced abuse and trauma via group work and which included an initial 'stabilisation' programme. **The Key** for girls and young women aged 13-25 at risk of abuse ran 135 group sessions and further developed both our schools work programmes and the Moving On Group, which enable continued support of group members who completed the initial intensive group programmes but were still in need of intensive support.

We launched **Rosebuds and Inside Out**, a peer support group and a course for women living apart from their children, to bring women together, reduce loneliness, share coping mechanisms and develop their self-confidence, parenting and aspirations. Our **YUMs** project continued to support young mums in South Leeds. One aspect of the group was a collaboration with The Tetley, piloting a series of activities aimed at reducing barriers to local families accessing the gallery. The fun, therapeutic sessions resulted in group members negotiating to run self-directed sessions at the gallery, a space they wouldn't previously have accessed. We also supported families by continuing to chair the **Leeds Maternity Voices Partnership (MVP)** - a citywide forum bringing together health professionals, maternity service funders and the Third Sector with those using maternity services to help improve the service for other families. We worked with Touchstone to co-deliver our **Best Start Peer Support Service** offering 6 week courses to 56 participants in South & East Leeds for parents and carers of children under 2. Our partnership with Touchstone, alongside Holbeck Together, also led to the development of the **Your Space Wellbeing Support Service**.

Rainbow Hearts supported 93 women seeking asylum from 25 countries. The group is always over-subscribed, with traumatic experiences of rape, fleeing their home country, being trafficked or forced into marriage being common experiences of many group members.

The **Feel Good** course in partnership with People in Action continued to deliver sessions for women with learning disabilities around positive relationships, understanding our bodies and positive relationships, and additionally offered workshops for those supporting women with learning disabilities.

Our total **expenditure** was £399,792, total **income** for the year was £442,484. The surplus was due to unspent project funds being carried forward into the next financial year.

Thanks to our key funders and donors -



Trusthouse Charitable Foundation



Finally, thanks to our wonderful trustees and volunteers who continue to donate their time to us!

Get in touch...



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